

Mineral Complement:
05008 ESSENTIAL MINERALS – 120 TABS
05009 ESSENTIAL MINERALS – 240 TABS

PRODUCT #04411

DIRECTIONS: As a dietary supplement, take two (2) capsules in the morning with breakfast. Dosage may be increased as directed by a healthcare practitioner. Our products contain organically grown herbs, when available.

Double-sealed for your protection.
Do not use if outer seal is broken or missing.

CAUTION: KEEP OUT OF REACH OF CHILDREN.

Consumer Information Services
Voice Mail: 800-845-2730
www.michaelshealth.com

Certified Kosher. 

†From Lanolin.

**Quatrefolic® is a registered trademark of Gnosis S.p.A. Patent No. 7,947,662.

 **Quatrefolic®**

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Made in a GMP facility that processes egg, fish, milk, shellfish, soy, tree nut and wheat products.

Made in the U.S.A.
Family owned and operated.



MNP HEALTHCARE SOLUTIONS
SINCE 1984
Michael's® Naturopathic Programs



Teen Girls caps

DAILY MULTI VITAMIN
120 vegetarian capsules

dietary supplement
Synergistically Complete

Supplement Facts

Serving Size: Two (2) Veggie Capsules
Servings Per Container: 60

Amount Per Serving	% Daily Value	
Vitamin A (as Beta Carotene)	3000 mcg	333%
Vitamin C (as Calcium Ascorbate)	200 mg	222%
Vitamin D3 (as Cholecalciferol†)	10 mcg (400 IU)	50%
Vitamin E (as d-alpha Tocopheryl Succinate)	67 mg	447%
Thiamin (as Thiamin Mononitrate)	40 mg	3333%
Riboflavin	40 mg	3077%
Niacin (as Niacinamide)	40 mg	250%
Vitamin B6 (as Pyridoxine Hydrochloride)	40 mg	2353%
Folate	150 mcg DFE	38%
(as [6S]-5-methyltetrahydrofolic acid equivalent to 300 mcg of [6S]-5-methyltetrahydrofolic acid, glucosamine salt**)		
Vitamin B12 (as Methylcobalamin)	500 mcg	20,833%
Biotin	200 mcg	667%
Pantothenic Acid (as d-Calcium Pantothenate)	80 mg	1600%
Choline (as Choline Bitartrate)	40 mg	7%
Calcium (as Calcium Ascorbate)	24 mg	2%
Zinc (as Zinc Monomethionine***)	10 mg	91%
Manganese (as Manganese Amino Acid Chelate)	10 mg	435%

Proprietary Blend 350 mg *
Organic Parsley Leaf (*Petroselinum crispum*), Inositol, Flax Seed Extract (55% alpha-Linolenic Acid), PABA (Para-aminobenzoic Acid), Organic Dong Quai Root (*Angelica sinensis*), Organic Dandelion Root (*Taraxacum officinale*), Rutin and Hesperidin

*Daily Value not established.

OTHER INGREDIENTS: Hypromellose(Capsule), Dicalcium Phosphate, Microcrystalline Cellulose and Leucine.

MANUFACTURED FOR MICHAEL'S® NATUROPATHIC PROGRAMS
6003 RANDOLPH BLVD, SAN ANTONIO, TEXAS 78233

